

KEY MESSAGES - CATEGORY #3

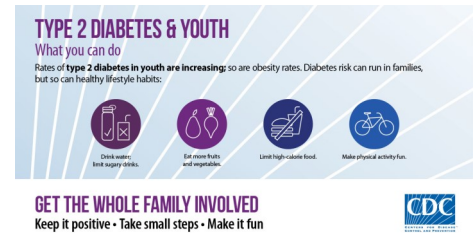
Diabetes Health = Management

Optional Hashtags: #WDDWashington, #WorldDiabetesDay #DiabetesManagement, #Type1DM, #Type2DM

1. Do you love cooking with your family? Check out the @cdcorg recommendations on how to make tasty meals for your whole family will love! www.cdc.gov/diabetes/pdfs/managing/TastyRecipesforPeoplewithDiabetes-508.pdf WDDWashington
Download Image: [TastyMeal](#)



2. Diabetes risk can run in families, but so can healthy lifestyle habits! #WDDWashington
www.cdc.gov/diabetes/managing/
Download Image: [Type2Diabetes&Youth](#)



3. Are you looking for advice on eating healthy? Check out the suggestions offered by #cdcorg at www.cdc.gov/diabetes/managing/eat-well.html #WDDWashington
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4. Being active & eating healthy can manage #diabetes and prevent #Type2DM. What's one change you can make for #WDDWashington? www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity
Download Image: [HealthyHabits](#)



5. Healthy eating around the holidays can be a challenge, but these tips from @AADEdiabetes may help you stay on track managing your diabetes www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/aade_holiday_toolkit.pdf?sfvrsn=4 #WDDWashington
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6. Holiday season is almost here, Check out this @cdcorg tasty recipes for people with diabetes and their families! www.cdc.gov/diabetes/pdfs/managing/TastyRecipesforPeoplewithDiabetes-508.pdf
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